

“Predictor of stress & coping strategies of mothers of neonate admitted in NICU in a selected tertiary care hospital, Bhubaneswar.”

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Abstract

Background : The parent stress is as ‘the experience by a mother of unpleasant emotions, such as tension, frustration, anxiety, anger, and depression, specially when they see their child admitted in NICU of neonate as a parent. Objectives :To assess the stress level & coping strategies of mothers of neonates admitted in N.I.C.U.To establish the correlation between the stress & coping strategies among mother of neonates. Materials & methods : A descriptive design was used for this research which was done in selected tertiary care hospital in Bhubaneswar, Odisha. The sample consisted of 106 mothers whose baby admitted in NICU. The standardized tool and including modified likert scale used for data collection. In this study non-probability purposive sampling technique was used . After collection of the data, the selected samples was analysed by using Karl Pearson’s Coefficient of Correlation and chi-square test. and SPSS software version 20 and Microsoft Excel, 2007 used for statistical analysis . Results : After statistical analysis the result was found that majority (86.8 %) mother comes under severe stress and (13.2 %) of mothers comes under moderate stress. In case of coping strategies maximum mothers 96(90.6 %) were undergone moderate coping strategies to reduce the stress, and only few mothers 10 (9.4%) with poor coping strategy & did not find any relationship between the stress level & coping strategies ($r = 0.065$, $P=0.618$). Here, the null hypothesis was rejected. The final table revealed that there is negative significant association between the stress level of mothers & socio demographic variables such as mothers age, Education qualification, family Income per month, mode of delivery, living area, Number of Children, and treatment pattern except four variables and these are education ($p < 0.005$), Income ($p < 0.33$) , mode of delivery ($p < 0.001$) & family type ($p < 0.001$) etc.

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